

# Get Fit. Eat Right. *Chill* Out.

...Participate and become a Winner for Life

MIAMI-DADE MAYOR'S  
**HEALTH & FITNESS**  
Challenge

In Partnership with:

**Health Foundation**  
of South Florida

Presented by:

**MERCY**  
Hospital

On **June 19th**, the Mayor's Health and Fitness Challenge will culminate its year-long **Get Fit, Eat Right, Chill Out caravan tour.**

## FREE PRIZES INCLUDE

- Marlins Tickets for June 19th Marlins vs. Rangers
- Buy one, Get one FREE Marlins Ticket Promotion
- LA Fitness Gym Memberships
- Publix \$15 gift certificate giveaways
- T-shirts, water bottles, and MUCH MORE!
- Farm Share's powdered milk giveaway

## ACTIVITIES INCLUDE

- 10:00 a.m. Health Walk
- Free health and cholesterol screenings
- Cooking Demo's, Tai Chi, Zumba Salsa Aerobics
- Kids Fun Zone, Rock Climbing

**What:  
When:  
Where:  
Event time:**

## MAIN EVENT

**"Winners for Life" Challenge Grand Finale Event**

**Saturday, June 19th**

**Tropical Park (7900 SW 40 ST)**

**10:00 a.m. - 3:00 p.m.**

*Cholesterol screenings at the Sana La Rana tent available during the entire event.*



**LA FITNESS**

**ZUMBA**  
FITNESS

**Kellogg's**

**Publix**  
WHERE SHOPPING IS A PLEASURE.®



**The Miami Herald**

